

Duas for the Soundness of the Heart

The Prophet ﷺ said,

لَا يَسْتَقِيمُ إِيمَانُ عَبْدٍ حَتَّى يَسْتَقِيمَ قَلْبُهُ وَلَا يَسْتَقِيمُ قَلْبُهُ حَتَّى يَسْتَقِيمَ لِسَانُهُ

“The faith of the slave cannot be correct until his heart is correct, and his heart cannot be correct until his tongue is correct.” [Musnad Ahmad: 13071]

Ask Allah:

1. To guide the heart:

اللَّهُمَّ اهْدِ قَلْبِي وَسَدِّدْ لِسَانِي وَاسْلُ سَخِيمَةَ قَلْبِي

O Allah guide my heart, correct my tongue and remove the spite of my heart

[Musnad Ahmad: 1997]

2. To fill it with light:

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا

O Allah make light in my heart

[Sahih Bukhari: 6316]

3. To make it firm on obedience:

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

O Allah, the Turner of the hearts, turn our hearts to Your obedience

[Sahih Muslim: 2655]

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

O Allah, the Turner of the hearts, make my heart firm on Your religion

[Jami` at-Tirmidhi: 3522]

4. To clean it:

اللَّهُمَّ اغْسِلْ قَلْبِي بِمَاءِ الثَّلْجِ وَالْبَرَدِ وَنَقِّ قَلْبِي مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ
وَبَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ

O Allah! Cleanse my heart with the water of snow and hail, and cleanse my heart from all sins as a white garment is cleansed from filth, and let there be a far away distance between me and my sins as You made the East and West far away from each other. [Sahih Bukhari: 6368]

5. To protect you from its evil:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي وَمِنْ شَرِّ بَصَرِي وَمِنْ شَرِّ لِسَانِي
وَمِنْ شَرِّ قَلْبِي وَمِنْ شَرِّ مَنِيِّ

O Allah, I seek refuge in You from the evil of my hearing and the evil of my sight, and the evil of my tongue and the evil of my heart, and the evil of my semen.

[Sunan Abi Dawud: 1551]

6. To protect it from becoming hard:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ دُعَاءٍ لَا يُسْمَعُ
وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ

O Allah, I seek refuge in You from knowledge that is of no benefit, from a supplication that is not heard, from a heart that does not fear and from a soul that is not satisfied

[Sunan an-Nasa'i: 5536]

7. To protect it from going astray:

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy.

Indeed, You are the Bestower. [Surat Aali Imran: 8]

8. To adorn it:

اللَّهُمَّ حَبِّبْ إِلَيْنَا الْإِيمَانَ وَزَيِّنْهُ فِي قُلُوبِنَا وَكَرِّهْ إِلَيْنَا الْكُفْرَ وَالْفُسُوقَ وَالْعِصْيَانَ

O Allah, make us love belief and adorn our hearts with it. Make us hate disbelief, deviance and rebellion. [Al-Adab Al-Mufrad: 699]

9. To make it sound:

وَأَسْأَلُكَ قَلْبًا سَلِيمًا وَلِسَانًا صَادِقًا

And I ask You for a sound heart and a truthful tongue.

[Sunan an-Nasa'i: 1304]

10. To heal it:

اللَّهُمَّ اشْفِ قَلْبَهُ وَاشْفِ سَقَمَهُ

O Allah heal his heart, and cure his illness.

[Al-Adab Al-Mufrad: 537]